



Wellness Policy

Bridgewater Academy believes that a student's health impacts his/her school attendance, readiness to learn, potential learning, and achievement. It also believes in a model of healthful eating and the provision of physical activities so that all students will have nutritious food in school and develop the habit of making nutritious food choices and engage in regular physical activity. Therefore, Bridgewater Academy's goal is to provide a sound, comprehensive wellness program of nutrition education, physical activity, and other school-based activities that are designed to promote student wellness. The program includes the following:

1. Teaching, encouraging, and supporting healthy eating by students by providing instruction in nutrition and modeling healthy eating (the school will provide nutrition education based on the S.C. standards);
2. Providing students with the recommended amount of daily physical activity as required by law and encouraging students to fully embrace regular physical activity as a personal behavior because students need opportunities for physical activity beyond physical education classes so they may understand the short-term and long-term benefits of a physically active and healthy lifestyle (the principal is responsible for ensuring compliance at school);
3. Supporting parents' efforts to provide a healthy diet and daily physical activity for their children (the schools will provide a monthly calendar of school meals);
4. Disseminating nutrition guidelines, approved by the Principal or his/her designee, for all foods available on our school campus during the school day with the objectives of promoting student health and reducing childhood obesity (the goal is to encourage healthy lifelong eating habits by providing foods that are high in nutrients, low in fat and added sugars, and of moderate portion size);
5. Establishing a plan for measuring implementation of the student wellness policy, which is the responsibility of the Principal or his/her designee;
6. Complying with the nutritional part of the wellness policy and Bridgewater Academy's nutrition guidelines, which is the responsibility of the principal; and
7. Complying with applicable federal and state laws and regulations.

In addition, a committee composed of Bridgewater Academy employees and community members will be involved in the development and review of the Bridgewater Academy's wellness policy and the guidelines established by the Bridgewater Academy Board of Directors for its implementation. The committee shall consist of, but not be limited to, members of the following groups: parents, students, the Board, school administrators, school food service authorities, and other members of the community.

The Wellness Committee will review the policy annually to measure implementation and evaluation of policy recommendations.

"Soaring to New Heights in Excellence!"

Legal references: Federal: The Child Nutrition and WIC Reauthorization Act of 2004 (42 U.S.C).

P.L. 103-448: Healthy Meals for Healthy Americans Act of 1994.

Richard B Russell National School Lunch Act (42 U.S.C. 1758(f)(1), 1766(a)O). State: S.C. Code § 59-10-10, et seq. – Physical Education, School Health Services, and Nutritional Standards; S.C. Board of Education Regulation R 43-168 – Nutrition Standards for Elementary Schools (K-5) School Food Service Meals and Competitive Foods.

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